



Village Santa Cruz County News

May 2023



www.villagesantacruz.org



by Dody Anderson

Prevent Cooking Fires There are several affordable products you can purchase to help you prevent home cooking fires like BurnerAlert discs that attach to a stove's knob and will continuously blink or beep after the stove has been in use for a preset amount of time, and Omesmart knobs that can control a stove's heating settings from an app. Or you can invest in a more expensive iGuardStove sensor that shuts the stove off when it doesn't detect motion for five minutes.

Village Santa Cruz County 6-Year Anniversary Party!



Sandy leads us, finding 60s & 70s music, while we 'Guess that Tune'



Toni knows the song, but can't remember the name.



Come Walk With Us



Village monthly walks; open to all Village members.

See Coming Up section for details on our May walk.

Mid-County Circle members enjoy lunch.



Curious about who we are and what we do?

Join us for coffee/tea and conversation. Dates, times & locations for the Aptos, SLV, & Westside Coffee Meet-ups are in the **Coming Up** section



May Birthdays:

BURT, MARY K., AND SUE



Coming UP in May

We're still zooming some of our events. Members will receive zoom information in weekly eBlasts.

If you are not yet a Village member but would like to join one of our events, to meet some Village members, please contact info@villagesantacruz.org

Monday, May 1, Guided Meditation, 4:30 - 4:45 PM, via Zoom.

Wednesday, May 3, Aptos Circle Meet Up, 1:30 - 2:30 PM, @ Aptos Methodist Church, 221 Thunderbird Drive, Aptos. Open to all fully-vaccinated folks. [Open to the Public](#)

Thursday, May 4, Westside Meet-up, 1:00 - 2:00 PM @ IvetaCoffee, 2125 Delaware Ave. Open to all fully-vaccinated folks. [Open to the Public](#)

Thursday, May 4, Goal Accountability Group, 7:00 - 7:30 PM, via email. The Goal Accountability Group offers a group check-in to keep you on track for a goal you have set for yourself, whether it is fitness or another type of goal.

Monday, May 8, Westside "Days of Our Lives" Discussion, 1:00 - 2:00 PM on zoom. Topic: Diversity, Equity, and Inclusion. What has/does this mean to us personally?

Tuesday, May 9, Mid County Meetup, 1:30 - 2:30 PM, @ Java Junction, at the Yacht Harbor, between Cafe El Palomar and the Crow's Nest, 2222 East Cliff Dr.

Wednesday, May 10, SLV Coffee Meet-Up, 10:30 - 11:30 AM, @ The White Raven, 6253 Hwy 9, Felton, Open to all fully-vaccinated folks. [Open to the Public](#)

Thursday, May 11, Village Monthly Board Meeting, 12:30 - 2:15 PM, via Zoom

Thursday, May 11, Goal Accountability Group, 7:00 - 7:30 PM, via email.

Wednesday, May 17, Village Walks, 10:30 - 11:30 AM, @ Natural Bridges State Park. We will meet at the back entrance on Delaware Ave.

Wednesday, May 17, Aptos Circle Luncheon, 1:00 - 2:30 PM, @ TBD

Thursday, May 18, Solo Agers Group, 11:00 AM - 1:00 PM, @ Abbott Square, 725 Front Str., We meet to discuss how various issues affect us, as well as to offer aid and support. *Note time change*

Thursday, May 18, *Movie/TV Discussion Group*, 3:00 – 4:00 PM, via Zoom.

Thursday, May 18, *Goal Accountability Group*, 7:00 - 7:30 PM, via email.

Friday, May 19, *Book Discussion: The Botany of Desire*, 1:30 - 3:00 PM, @ Bruce's home in the Seabright area, focusing on the human relationship with plants and explores four basic human desires: sweetness, beauty, intoxication and control and the plants that embody them: apple, tulip, marijuana, and potato. Upcoming books: June: ***Devil in a Blue Dress*** by Walter Mosley, July: ***Justice is Served: My Dinner with RGB***. by Leslie Karst, our local author of the Sally Solari mystery series and a Village member. Leslie will join us as we discuss her first memoir.

Monday, May 22, *Memoir Writing*, 1:00 – 2:30 PM, Because of the very personal nature of our writings, which we share, this group is currently closed to new members. Contact info@villagesantacruz.org if you'd like to start a 2nd Memoir Group. *Note Date Change it is just for the month of May, in June, we will meet on the third Monday once again*

Tuesday, May 23, *Mid County Luncheon*, 12:30 – 1:30 PM, @ Aldo's Harbor Restaurant, outside by the marina. Don't forget your jackets and sun hat! There is a charge for parking, so please try to carpool or walk in. There is a trail you can take: Park near the Arana Gulch at Frederick and Broadway and then follow the trail down to the Marina. The sidewalk on the right side going toward the ocean will take you to Aldo's.

Wednesday, May 24, *Arts, Crafts, and Photography Group*, 1:00 - 2:00 PM, @ TBD Open to All Village Members. You are warmly invited to join this monthly drop in group and enjoy doing some art together and visiting with VSCC folks. This group is for people who have "never done any art" and for people who are "art making enthusiasts." You are welcome to bring art that you are currently working on or join in the group theme of the month.

Thursday, May 25, *Tour of Monterey Bay National Marine Sanctuary Exploration Center*, 11:00 AM - 12:30 PM, @ MBNMS, 35 Pacific Ave. Sandy, Village member and docent at the sanctuary, will lead us on a tour of this Santa Cruz gem. Those who want, will enjoy lunch together after the tour. The Sanctuary tour is FREE. Members pay their own luncheon costs. Registration highly recommended.

Thursday, May 25, *Movie @ the Theater*, 3:00 - 6:00 PM, Movie: TBD

Thursday, May 25, *Goal Accountability Group*, 7:00 - 7:30 PM, via email.

Tuesday, May 30, *Cooking Demonstration with Chef Stephany Buswell*. details TBD. Chef Stephany Buswell is a Certified Master Baker and has worked in the baking industry for over 30 years. During this time she perfected the art of cake decorating, pastry baking, wedding cakes, and bread baking. She operated her own bakery in the Santa Cruz area and has been both the production manager and operations manager of two of Santa Cruz's premiere scratch bakeries. Chef Stephany's memoir, *Tasting Life Twice*, came out in 2022.

Wednesday, May 31, Current Events, 2:00 - 3:00 PM, @ Java Junction Coffee House on Seabright Ave. The focus will be on local transportation issues and plans. Things to consider: If the plans were completed tomorrow how would that effect transportation in the County? How would it effect your transportation; would your travel change? What if you could no longer drive (if you are currently driving); would these plans help you get around? Here are a couple of news stories on the subject: from the SC Sentinel and from Channel 46 KION

Fulfilling Our Potential: Village Movement California's 5th Annual Statewide Conference, Fri, June 2 in Oakland CA

The time is right for villages to step into their crucial role within California's aging services continuum. Learn about the local and statewide opportunities at hand. Gain knowledge, skills, and resources to advance your village's mission and vision.

The heart of the conference will be relationship building and peer-to-peer learning. Details [Here](#)

Five Village Santa Cruz County leaders are currently registered to attend. The conference is open to any Village Santa Cruz County member taking a leadership role, whether it be a board member, a Circle leader or an Interest Group leader. If you have not yet registered but would like to attend, email info@villagesantacruz.org

Upcoming at the CA Dept of Aging

Alzheimer's Disease & Related Disorders (ADRD) Advisory Committee Meeting, May 4, 2023 | 10:00 a.m. - 2:00 p.m. [Learn more](#)

Equity Advisory Committee on Aging and Disability (EACAD) Meeting, May 18, 2023 | 10:00 a.m. - 12:00 p.m. [Learn more](#)

Aging & Disability Resource Connection (ADRC) Advisory Committee Meeting, May 19, 2023 | 10:00 a.m. - 2:00 p.m. [Learn more](#)

California Aging & Disability Research Partnership (CADRP) Meeting, May 19, 2023 | 10:00 a.m. - 1:00 p.m. [Learn More](#)

all are open to the public for viewing, via zoom

RSVP for all Events

info@villagesantacruz.org or at our website calendar www.villagesantacruz.org
members must log into website to register online for member-only events

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Mother's Day/Thinking of You Cards. I-You Venture (a program of Family Services Agency of the Central Coast) is asking for volunteers to make cards for residents of long term care facilities. Community members can help reduce some of the loneliness and social isolation many residents face every day. [Find Out More.](#)

Beware Texting Scams (from Sandy) I've gotten so many of these "smithing" texts as well as emails. The 1st time scared me, but I went to the actual website, and did not open anything in the scammer's message, to confirm there was no problem with my account. In fact, I remember it was either PayPal or Amazon. But I've also received many purported to be from the USPS. All it takes is one slip-up and financial jeopardy can ensue, stating the obvious. Read article from The Guardian: ***Gone in seconds: rising text message scams are draining US bank accounts*** [Gone in Seconds](#)

See details about this event in the "In Our Community" section below.



by Dody Anderson

Battery Backup Lightbulbs. These bulbs are about one to two inches taller than regular lightbulbs but work the same. I use the led bulb just like a regular lightbulb. But if the electricity goes out, it will **switch itself** to battery backup for 5 hrs. I don't have to do a thing. If, however, I want/need to use it as a flashlight, I can take it out of the light socket (it is warm not scorching) and switch a switch and it is a powerful flashlight. These bulbs and all like them are not inexpensive: **\$2 bulbs for \$19.00 from Amazon?** They are much better for reading than the lucie lanterns I have. Because they are taller than regular lightbulbs, I will eventually have to get different shades for my lamps--a small problem considering.

**MULTI-MEDIA EVENT FEATURING
MEXICAN-AMERICAN
ROOTS MUSIC
Arhoolie Records Collection
JOHN LEOPOLD &
DJ JUAN ANTONIO
CUELLAR**

REFRESHMENTS OUTSIDE 7-7:30PM

FROM
7pm-9:30pm

WHEN:
June 23, 2023

WHERE:
Resource Center For Nonviolence
612 Ocean St, Santa Cruz, CA 95060



The Day Worker Center of Santa Cruz County (DWC), a program of the Community Action Board of Santa Cruz County, Inc (CAB), facilitates the employment of the day laborers in a safe space.

Questions about the event
(831)475-9675



To hire a day worker: <https://dayworkercentersc.org>

See details about this event in the "In Our Community" section below.

Village Santa Cruz is on [Facebook!](#) Check out our page!

In Our Community

May is Affordable Housing Month, when our community shines a bright light on one our most **challenging issues**. Join Housing Santa Cruz County and event partners from across the region as we kick off Affordable Housing Month at Cabrillo College's Samper Recital Hall on May 6th from 12:30pm - 3:30pm. The celebration will feature keynote speaker Shane Phillips, urban planner, policy expert, and author of [The Affordable City: Strategies for Putting Housing Within Reach \(and Keeping it There\)](#); a children's corner with a book reading by children's book author **Leticia Hernández-Linares**; an outdoor **resource fair** with **food trucks** and **live music**. Indoor capacity is limited so please register for this free Affordable Housing Month event [HERE](#). Parking is available adjacent to the Hall.

22nd Annual Lunafest Film Festival at 7 p.m. May 17 at the Del Mar Theater, 1124 Pacific Ave. No. 4415, Santa Cruz. The 2023 season of Lunafest features seven short films with a running time of 95 minutes. A virtual screening is scheduled for May 17-20. This year's event once again supports WomenCARE, A safe haven where women with any type of cancer find mutual support, shared experiences and open hearts. For tickets and information, visit [LunaFest](#)

San Lorenzo Valley Art Tour, May 20 & 21, 11:00 AM - 5 PM Come and enjoy art of all media, and discover the abundance of artistic talent in the San Lorenzo Valley. Admission to all studios is free. **Fluorescent pink signage** will direct you to all participating artists. Visit the [Webpage](#).

Day Worker Fundraiser featuring Mexican American Roots Music, June 23 @ the Resource Center for NonViolence

John Leopold and DJ Juan Antonio Cuellar will present the Frontera Collection by the Arhoolie Foundation, a singular collection of songs, videos, and photos in a lively event to benefit the Day Worker Center. John and Juan Antonio are expert story tellers and collectors of this roots music. Purchase tickets [here](#)

Articles, Videos, and Listening

A Reader Sent Us Her Idea for a Dream Home and Community for Aging, where walkability, social connectivity, and age friendliness are key. From AARP's Livable Communities. Read about it [here](#)

The On Being Project: The subjects of intergenerational relationship and social healing have long been areas of inquiry at The On Being Project. This collection of creative digital work grew out of an ongoing conversation at the intersection of those subjects with the national nonprofit CoGenerate (formerly Encore.org). Together, and alongside many other deep thinkers and innovators, we've been holding the question: ***What is the role of intergenerational relationship — or what might be called “cogenerational collaboration” — in the work of social healing?*** [Co-generational Social healing](#)

Honor Culture, from podcast Hidden Brain. In this episode, psychologist Ryan Brown, explores the phenomenon of “honor culture” and how it dictates our beliefs and behaviors (and partially explains the why of some of the seemingly senseless acts happening in the USA today). [Listen Here](#)

A Secret Source of Connection, from podcast Hidden Brain. We all have moments in our lives when we see someone who could use a helping hand. It could be a friend who recently went through a breakup, an elderly person trying to load groceries into their car, or a stranger on the street who looks a little lost. We tell ourselves we should help, but then something stops us. This week, psychologist Amit Kumar helps us understand what keeps us from taking a moment to be kind, and how to overcome these barriers to create stronger, happier connections. [Listen Here](#)